Healthy Schools
in motion

Getting "in motion" at school

Activities for the classroom, gym and playground

in motion™
Physical Activity - do it for life!

Healthy Child Manitoba
Putting children and families first

Manitoba

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Glossary

Introduction

Getting "in motion" at School is an easy-to-use resource with abundant activity ideas for classrooms, gyms and playgrounds.

This guide was developed by **Manitoba *in motion*** and the Manitoba Physical Education Teachers Association. It includes activities complied from the **Healthy Schools *in motion*** workshop, *Getting "in motion" in the Division, School and Classroom*, and through a series of consultations with educators within Manitoba.

Manitoba *in motion*

In motion is a provincial strategy to help all Manitobans make physical activity part of their daily lives for health benefits and enjoyment. The provincial government has joined community partners in physical activity, health, healthy living, recreation, sport and education to raise activity levels and reduce barriers to physical activity.

Healthy Schools ***in motion*** promotes daily physical activity in schools. ***In motion*** schools work toward the goal of 30 minutes of physical activity every day for every student. This can be done through any combination of physical education, activity breaks, physical activity programs, intramurals sports and special events.

Support for schools, communities and workplaces and more information on ***in motion*** can be found at www.manitobainmotion.ca; or inmotion@gov.mb.ca; or call 204-945-3648, 1-866-788-3648 toll free in Manitoba.

Manitoba Physical Education Teachers Association

The Manitoba Physical Education Teachers Association (MPETA) is an educational and professional organization dedicated to promoting physical education in Manitoba schools.

MPETA provides quality leadership, advocacy and resources (ex: in-service training, information distribution, funding) for physical education. MPETA strives to achieve "Active Kids ... Healthy Future through Quality Daily Physical Education".

For more information on MPETA, call 204-926-8357; e-mail mpeta@shaw.ca; or visit www.mpeta.ca.

Safety Tips

- Ensure safety in all activities and remind students of the safety rules before beginning an activity.
- Choose an activity/game that is suitable to the space, equipment, time, age and developmental stage of students.
  - soft and light objects (ex: sponge balls, plastic bats) easy to manipulate, safer than hard, heavy objects
  - large balls (ex: beach balls, playground balls) or objects with a tail or large surface area (ex: scarves, beanbags, balls with streamers or tails) are easy to catch/grasp
- Provide maximum participation.
- Promote fair play practices.
- Emphasize positive behaviour in relationships among students (ex: zero tolerance of put-downs, teasing, exclusion).
- Designate captains to help with equipment set up and other duties.
- Stress working in within their personal space.
- Try different ways to make up groups instead of numbering off (ex: use birthdates, colour of clothes, hair, eyes, types of shoes, etc.).
- Use different ways to pick student to be "it" for tag games (ex: first students to be changed, the quietest, clothes colour, teacher's choice, group leaders, names with a certain letter, student of the week, etc.).
- Explain the "tagger's rule": the person who's "it" is always right in tag games. This helps eliminate disagreements between students.
- Establish start and stop signals to ensure safety and class control (ex: use a raised hand, hand drum, hand clap, or cue words such as "go", "freeze", "stop").
- Be aware of students' disabilities (ex: spina bifida, autism, etc.) when planning activities.
- For more information, refer to *Safety Guidelines for Physical Activities in Manitoba Schools* at www.manitoba.ca/k12/docs/support/pehe_safety_full.pdf

Getting "in motion" in the School

Planning Ideas

Special Activities

Find members of staff who will teach activities they are comfortable with (dance, yoga, etc.).

Community Facilities

Take an inventory of what community facilities are available to your school to use for activities. (ex: recreation centres, curling rinks, hockey rinks, bowling alleys)

Gym Use

For schools with access to a gym, put up a schedule so teachers can book whenever it is not being used by a PE class. For more information, refer to *Scheduling Kindergarten to grade 8 Physical Education/Health Education: A Resource for School Administrators* at www.manitoba.ca/k12/cur/physhlth/scheduling/document.pdf

in motion Introduction

At a staff meeting, explain the **Healthy Schools *in motion*** program and get everyone in the school on board. A PowerPoint presentation is available to download at: www.manitobainmotion.ca/schools/presentation.

Also, show the many resources that have been provided to the schools including "The Weight of the World" DVD, "Energy Blast" DVD, Snacktivities resource, and **Healthy Schools *in motion*** manual.

in motion Period

Create an ***in motion*** period once a cycle on your timetable. To keep the interest, vary the activities regularly.

Professional Development Sessions

Have a professional development session where PE staff share information with the other staff on various physical activity ideas. Demonstrate and do the activities, too.

Your staff will be more active, have fun and have something practical to use in class.

Getting "in motion" in the School

Activity Ideas

Active Recess

- Start activity just before recess so students can continue it during the break.
- Encourage students to participate in self-directed activities that are of moderate to vigorous intensity.
- Senior students (leadership teams) can help organize and supervisor games.
- Running recess - For the winter months, let one grade at a time use the gym for a walk/run.
- Include recess game ideas as part of your physical education classes.

Activity Days / Trips

Have a games afternoon or day for the whole school to get "in motion" with fun sports, games and activities. Some themed ideas are...

- olympic day
- orienteering day
- winter sports day (Winterfest) - skating, curling, tobogganing, cross country
- gym blasts
- hop-a-thon, walk-a-thon or run-a-thon
- life day - students sign up for a life-long activity such as swimming, cycling, horseback riding, etc.
- skiing, canoeing or biking trips
- winter or summer camps

Activity Weeks

- Include physical activity as part of your wellness or spirit weeks.
- Invite guest presenters to talk about and demonstrate ways to be active every day.

Commuter Challenge

- Take alternate transportation to school for a specified period of time.
- Participate in the Commuter Challenge - a Canada-wide Environment Week event. Schools can see how many students can walk, bike, scooter and skate to school. Visit: www.resourceconservation.mb.ca/gci/CC/

Family Activity Evenings

- Invite families to do activities in the gym after school. Try some of the old favourites such as potato sack race, balloon toss and rope-pull.
- For older students and their families, try co-operative relays, team-building challenges and fun fitness stations.

Fit Club

- Have staff and/or students organize a variety of physical activity clubs for before/after school or during lunch. Examples are: aerobics, yoga, Pilates, martial arts, walking, skating, etc.

House Teams

- Divide the student body into teams of varying ages and genders. Have the teams complete year-round to win points. Points are earned when students participate in various activities. At the end of the year, the team with the most points is awarded a prize.

Leadership Program

- Have older students pair up with younger students. This gives the older students a chance to get to know and serve as role models for younger students.
- Have student leaders run activities for other students in the school at recess breaks and over lunch.
- Have leadership students guide energy breaks in lower grade classrooms.

Open Gym / Intramurals

- Offer a variety of intramurals that appeal to a wide range of students.
- Provide opportunities for both team and individual and co-operative and competitive activities. Vary activities to appeal to a wide range of students.

Physical Activity Showcase

- Organize a physical activity showcase, similar to a talent show, where students demonstrate their activity or skill.

Physical Activity Journals

- Activity journals/logs keep track of physical activity minutes and help motivate students to stay active. Students can keep track of their activities that they do in school, in the evenings or on the weekends.

School Walks

Walking is the most popular form of physical activity in Canada. It is an economical and easy way to be active for a lifetime. Here are some walking suggestions and variations:

- Go in the morning before starting class.
- Walking in the afternoons, if there is no recess for students.
- Try going for a walk as a whole class/school daily, weekly or monthly.
- Organize a recess walking club.
- Keep track of the distances walked and try to walk to a chosen destination.
- Partner with your local seniors centre and participate in a group walk.

Sports Cards

- Make sports equipment available to students during lunch, recess and spares.
- Give students sport cards (similar to a library card) to sign out equipment.

Walking School Bus

- The Active Safe Routes to School program encourages use of active modes of transportation to and from school. Volunteers (usually parents and caregivers) take turns walking or cycling with children on a designated safe route to and from school.

  Visit: www.resourceconservation.mb.ca/gci/ASRTS/1main.html.

Getting "in motion" in the Classroom

Activity Breaks

Active Polka

Target Grade: K – 4

Equipment: Polka music and a compatible player

Do this as a five minute activity break. Have students stand. When the polka music is turned on, the students must move. When it is turned off, the students must freeze on the spot.

Chair Aerobics

Target Grade: K – 6

Equipment: One chair per student

Lead various exercise movements in a chair.

Examples: marching, jumping jacks, side bends, running, heel or toe rises, twisting at the waist, bicycle legs, leg raises, knee pumps

Cup Stacking

Target Grade: K – 6

Equipment: Stacking cups

Cup stacking can be done on a floor or at a table. You can try stacking in various positions (push up, one handed, jumping jacks, etc.). Do in class or as a school-wide competition.

Stacks can be made from left to right, or right to left, it's an individual preference, but the same direction must be kept for both stacking up and unstacking.

Fitness Dice

Target Grade: K – 6

Equipment: Two dice, 1 with numbers, 1 with physical activities

Make one set of dice with one die indicating numbers and the other die with physical activities (ex: jumping jacks, push ups).

In a group, take turns rolling the dice and doing the activity rolled for the number of times rolled.

Stop and be Active

Target Grade: K – 6

Equipment: Music with compatible player

Play music and do an active movement decided by the teacher together as a class.

Examples: running on the spot, jumping jacks, side steps, ski strides, arm circles, waist twists

Option: This activity could be done by the whole school using the intercom.

Bean Bag Relay

Target Grade: K – 6

Equipment: Bean bags, three pails

Put three pails at the front of the area. Divide class into three groups. In a relay, have students try to bring the bean bag up to the front of the area by holding it between their legs and putting it in the pail. If the bean bags drop they have to go back and the next person tries.

100 a Day

Target Grade: 3 – 6

Equipment: None

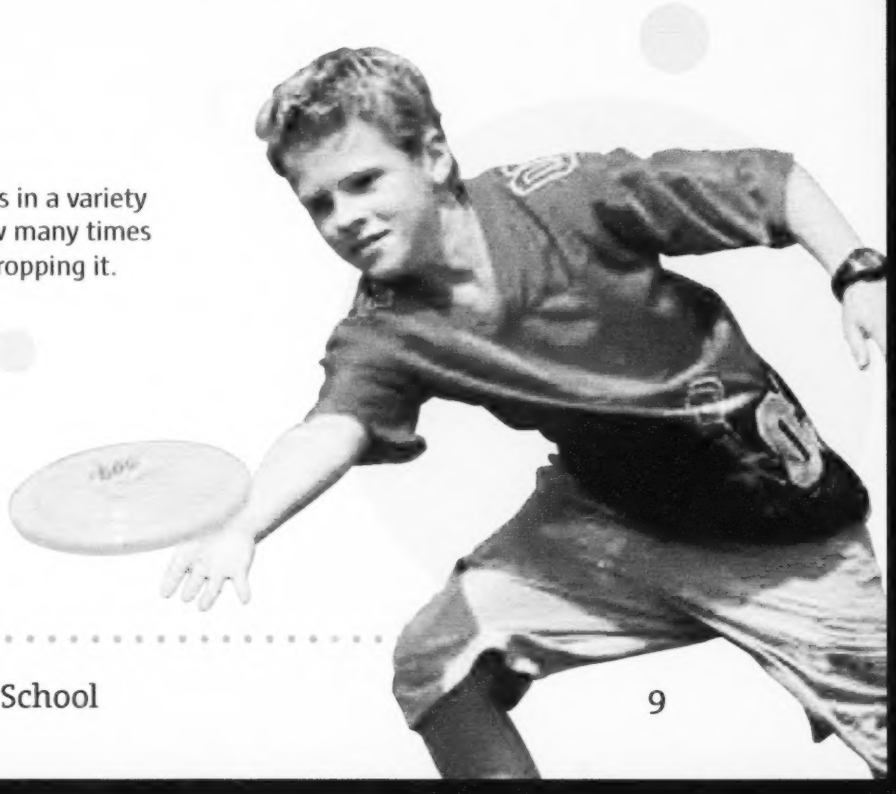
As a class, brainstorm what exercises you could do 100 of. In the following days or weeks, try to do each of the exercises and track the class' successes.

Silent Ball

Target Grade: 6 – 8

Equipment: Sponge ball

Toss a sponge ball to students in a variety of creative positions. See how many times you throw the ball without dropping it.



Getting "in motion" in the Classroom

Curriculum Linked Activities

Health

Daily Habits Acting

Target Grade: K – 1

Equipment: Posters at various stations (plaque, sweat, germs)

Set up different stations - plaque, sweat, germs, etc. At each station, get students to act out what habit (showering, brushing teeth, washing hands) they should do to get rid of the station's topic.

Broken Heart Game

Target Grade: 5 – 6

Equipment: Jigsaw pieces of the components of the circulatory system

Make jigsaw pieces of the various components of the circulatory system. Have the students, in a relay, put the jigsaw together showing the direction of blood flow.

Variation: Use this activity with the human skeleton, the Canadian provinces and capitals, lyric of "Oh Canada," etc.

Tobacco Tackle

Target Grade: 6

Equipment: One straw per student

Give each student a straw and have them try jogging while breathing through the straw.

Option: Divide group in two with half the group using a straw and the other half not using one. Do activities and compare the effort needed by the "smoker" vs. "non-smoker."

Language Arts

Act out a Story

Target Grade: K – 1

Equipment: None

Divide the students into groups of three to five. Have them act out a story using creative dance or the play structure.

Fitness Dice

Target Grade: K – 6

Equipment: None

Make one set of dice with one
die indicating numbers and the other die with physical activities (ex: jumping jacks, push ups).

In a group, take turns rolling the dice and doing the activity rolled for the number of times rolled.

Spelling Moves

Target Grade: 2 – 4

Equipment: None

Choose an exercise for each vowel letter. Give a word to spell. Have the students spell the words out loud. When they say a vowel, they do the exercise that corresponds to it.

Example:
A – jumping jacks
E – run on spot
I – squat
O – reach up and touch ground
U – knee lift (one each side)

Writing Directions

Target Grade: 4 – 6

Equipment: None

In pairs, have students write directions for walking around school grounds (or to a set location near the school). When finished, have the students use the written directions to find the spot. Double check for accuracy.

Science

Habitats

Target Grade: K – 6

Equipment: None

Go on a walk and get students to look for different habitats in local parks / school grounds.

Project Wild

Target Grade: 4

Equipment: None

Divide group – ¼ to one end of area, ¾ at other end. ¼ are deer and ¾ are environmental needs (food, water and shelter). Everyone faces away. On "go" they turn towards each other making food, water and shelter signs. Deer who find their sign go and get that person and turn them into deer. If you can't find one, you die and become part of the environment. If you keep track of deer numbers, you will see the population curve.

Science Structures

Target Grade: 4 – 6

Equipment: Two peices of long skipping fope (10 - 12 feet)

Demonstrate the forces of tension and compression. Ask students to stand facing a partner. To demonstrate tension, have each team member grasp the other's forearms. Both students lean back. Their arms should stretch out between them. To demonstrate compression, have partners press the palms of their hands together and learn toward one another.

To build the human bridge (16 students needed):

1. Two pairs of taller students stand across from each other and hold the "cable" ropes on their shoulders. These students are the "towers."
2. Four students acts as anchors. Each one sits on the floor behind a "tower" and holds the end of the "cables."
3. Eight students act as "suspenders." Four students are in a straight line between each opposing "tower." They can kneel while pulling the "cables" toward the floor.
4. The floor is the roadway. Have the rest of the students act as cars.

Solar System

Target Grade: 5 – 6

Equipment: String

Have students go into pairs. Each pair represents one planet (one student is the planet and the other is the "sun"). Each student will hold one end of a pre-measured string that represents the distance between each planet with the "sun." Have the "suns" stand in the middle of the area with the "planets" moving around them.

Math

Team Math

Target Grade: K – 3

Equipment: Bench or row of chairs

Set up a row of chairs or a bench at the front of the area. Give each student a number. Give students a math calculation. Have the students representing the number go to the front of the class and find their position on the bench or row of chairs.

Jumping Jack Multiplication

Target Grade: 2 – 3

Equipment: None

Give students a mathematical calculation.

Have the students say the total and do that number of jumping jacks (or other exercise).

Example: 5 + 10 = 15 jumping jacks

Math Relays

Target Grade: 3 – 5

Equipment: None

One student runs up to the chalkboard, writes out the first step of the math problem, runs back, and passes the piece of chalk to the next person. This sequence continues until the problem is solved. The group is allowed to discuss the math problem in line. But, they cannot yell things to the person at the chalkboard. Form new groups after every problem.

Using the Healthy Schools *in motion* Activity Bin

There are two different **Healthy Schools** ***in motion*** activity bins – one for schools with early years and one for schools with middle/senior years.

The contents of each bin can be used for activities with your students.

Early Years

Quantity	Item
6	cones or poly spots
30	strength bands (medium)
30	skipping ropes (8 ft)
12	bean bags
6	flying discs – plastic (9")
1	soccer ball
1	football
12	sponge balls (3")
6	playground balls (7")
2	jumbo chalk buckets

Middle/Senior Years

Quantity	Item
6	cones or poly spots
15	strength bands (medium)
15	skipping ropes (8 ft)
6	hacky sacks
6	flying discs – plastic (9")
1	soccer ball
1	football
1	basketball
5	pedometers
2	stability balls

Games and Activities

Jump Rope Activities

Grades: K – 6
Equipment: individual skipping rope

Skipping Ideas for Individuals

- speed jumping
- on the spot
- moving forward and backward
- hop on one foot
- start jump
- stride – skier
- straddle (legs narrow, then wide)

Skipping Ideas for Partners

- 1 rope, 2 people
- skipping in a circle
- 1 person skips and passes it to another person
- 1 person skips, one person dances inside
- snake – 1 person moves the rope on the ground and the other person jumps over the rope

Skipping Ideas for Groups

1. **Limbo with rope** – Two people hold the rope tight. The others line up and limbo underneath.
2. **Skipper of the day** – All participants skip. When a skipper misses, he puts his rope on the ground and jumps over it that way. This continues until all but one skipper has his rope on the ground. When one skipper is left, that's the skipper of the day.

3. **Chants:**

Equipment: one large skipping rope with people taking turns to skip to a chant

- Post the chants on the wall in the gym.
- Laminate a poster with the chants to put on the school wall outside.
- Use a sandwich board to post the chants.
- Have the older participants teach the younger ones.
- Teach the chants to participants in gym class.
- Encourage participants to use chants during free play/recess time outside and at home.

When is your birthday?

All in together kids,
What fine weather kids,
When is your birthday?
Please jump in,
January, February, March – (participants jump in on the their birth month)
All in together kids,
What fine weather kids,
When is your birthday?
Please jump out,
1, 2, 3, 4, 5 – (participants jump out on their birth date)

Tinker, Tailor

Tinker, tailor, soldier, sailor,
Rich man, poor man, beggar man, thief
Doctor, lawyer, merchant, chief

Participants take turns jumping in once for each profession. The participant who is "chief" stays in for the whole next round. The chant starts again. When you get to "chief," the participant who has stayed in jumps out and a new participant becomes "chief."

Teddy Bear

Teddy bear, teddy bear
Touch the ground (participant who is skipping touches the ground)
Teddy bear, teddy bear
Turn around (participant who is skipping turns around)
Teddy bear, teddy bear
Tie your shoe (participant who is skipping does the action of tying a shoe)
Teddy bear, teddy bear
How old are you? (participant skips pepper up to his/her age)

4. Chinese Skipping

Equipment: one long skipping rope or two short skipping ropes

Mississippi

Set up: Tie one long rope or two shorter ropes together to form a circle. Two participants go inside the circled rope and stand with feet shoulder-width apart. The rope is around the two participants' ankles, creating two parallel lines with the skipping rope.

One participant at a time starts inside the parallel lines. They chant:

M (participant jumps with both feet outside each parallel line)

I (participant jumps inside both parallel lines, feet together)

S (participant jumps with one foot outside a parallel line and the other foot stays inside the lines)

S (participant jumps to other line, bringing one foot inside the lines and the other foot outside the opposite line)

I (participant jumps inside both parallel lines, feet together)

S (participant jumps with one foot outside a parallel line and the other foot stays inside the lines)

S (participant jumps to other line, bringing one foot inside the lines and the other foot outside the opposite line)

I (participant jumps inside both parallel lines, feet together)

P (participant jumps on each parallel line, one foot on each line)

P (participant jumps on each parallel line, one foot on each line)

I (participant jumps inside both parallel lines, feet together)

Rounders

Target Grade: 3 – 8

Equipment: Ball or flying disc, 4 bases (poly spots)

Number of participants: 16 and up

Set up: Divide group into two. Batting team goes on the bench and the fielding team is scattered. Set up 4 bases in a baseball diamond.

Batter – After the batter kicks or throws the ball, she runs to 1st, 2nd, 3rd bases and then home. This continues until the batter is tagged out.

Fielders – Fielders need to get the ball to the centre person who yells "out." If a batter is not on a base, she is tagged out.

Suggestions:
- Let participants use a variety of balls to vary the interest and difficulty.
- Try running to the bases in a different order (ex: 3rd, then 2nd, then 1st).

10-Second Tag

Target Grade: 1 – 8

Equipment: None

Number of participants: 12 and up

Set up: All but two participants line up along a far side of playing area. Two participants are at the opposite ends of the playing area.

On "go," the first two participants in line go chase the two participants who are out. After 10 seconds, the next two participants in line go out and try to tag. When a participant is tagged, he goes to the back of the line.

5 Passes

Target Grade: 3 – 6

Equipment: Cones or poly spots, balls, bean bags or flying discs

Number of participants: Divide class into teams to play 2 on 2, 3 on 3, or 4 on 4, etc.

Set up: Use cones or poly spots to divide space into areas based on the number of participants. (The larger the group, the more space you will need.)

Two teams play against each other. The object is to try to get five consecutive passes on your team. You cannot move with the ball. There can be no contact by the defensive players.

Suggestions:

- Try 2 vs 1, 3 vs 2 – with all participants rotating through the positions.
- Experiment with the shape of the space – try using a square, rectangle and circles.

Gotcha Tag

Target Grade: All

Equipment: Bean bags

Number of participants: Whole class

Set up: Scatter beanbags around a playing area that is clear of hazards and obstacles.

Participants who pick up a bean bag slide it on the ground to hit someone else's shoes. When your shoe gets hit, you need to do something (ex: two tuck jumps). Participants can only hold one bean bag at a time.

If there are not enough bean bags for all participants, you will need to make clear that bean bags do not belong to any one participant.

Participants can run with the bean bags.

Variation:

- Create a 5 second safety spot for the runners to take a rest.

Line Game

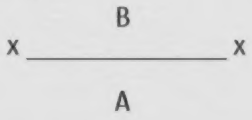
Target Grade: 3 – 8

Equipment: Each group: playground ball
two bean bags

Number of participants: Work in partners

Set up: With a partner, put two bean bags about 2 metres apart to represent a net.

1. Participant A bounces the ball on his/her side and then over the imaginary net.
2. Participant B moves to catch the ball.
3. Continue until a participant misses.
4. Start the next rally.



Have participants start the activity co-operatively and then competitively.

Bonanza

Target Grade: 4 – 8

Equipment: Football(s)

Number of participants: Groups of 4 – 10 participants

Set up: One participant is the thrower, the others are catchers and stand a distance away from the thrower.

1. The thrower will call a point value and throw the football:
   25, 50, 100 ALIVE – caught in the air
   25, 50, 100 ROLLING – rolling on the ground
2. Catchers keep track of their points
3. The first catcher to get 500 gets to be the next thrower.
4. If the thrower calls BONANZA, whoever catches the ball gets to be the next thrower.

Variation:

- Everyone in the group gets three throws. Points are kept until everyone in the group has taken a turn throwing.
- Try kicking (punting) the ball instead of throwing.

Spider Hockey

Target Grade: 2 and up

Equipment: 1 per pair – bean bags

Number of participants: Work in partners

Set up: Have partners in a push-up position facing each other.

The partners try to score by sliding the beanbag between their other partner's hands.

Crystal Ball

Target Grade: K – 4

Equipment: Bean bags, flying discs, or playground balls

Number of participants: Work in partners

Set up: Have partners start facing each other in the middle of the space.

Have the partners play catch. Use an underhand throw only. Each time they successfully catch the ball (or other piece of equipment), they take a step back.

Each time they miss, they take a step forward.

Ultimate

Target Grade: 4 and up

Equipment: Flying disc, coloured vests, cones or poly spots

Number of participants: Two teams of 4 to 6 participants

Set up: Separate into two teams, one team wearing coloured pinnies. End zones are made on each end of the playing area using.

Each team tries to pass the flying disc to a teammate completely across the end-zone line. Participants are not allowed to move when holding the flying disc other than pivoting on one foot. Participants cannot pivot across the end-zone line. If the flying disc hits the ground, possession is given to the opposing team. The defending team must remain at least a metre away from the participant in possession of the flying disc.

Suggestions:

- This activity can be played with a variety of different objects – football, playground ball, bean bag, even a rubber chicken.
- Use flying discs outside and playground balls inside.
- If there are a lot of participants, try using two balls or flying discs.

Fris-knock

Target Grade: 3 and up

Equipment: Flying disc, 2 poles/stands, 2 targets (bowling pins/bottles)

Number of participants: Two teams of 4 to 6 participants

Set up: Set up each pole/stand an appropriate distance apart with the target balanced on top.

Each team takes turns throwing the flying disc at the other team's target. If the target is knocked off and the receiving team does not catch the Flying disc or target before they reach the ground, the throwing team receives 2 points. If one of either the Flying disc or target is caught each team receives one point. If the receiving team catches both the target and flying disc, the receiving team is awarded 2 points. No points are awarded on throws that do not knock the target from the stand.

Variation:

- For younger participants, this game could be played with a ball instead.

Endball

Target Grade: 3 and up

Equipment: Playground balls or footballs, cones or poly spots

Number of participants: Whole class

Set up: Separate into 2 teams with an end line at the back of playing area.

Each team is confined to its own half of the playing area. One (or more at the teacher's discretion) participant from each team stands on a line behind the opposing team's area. The object of the game is to pass the ball to the teammate behind the opposing team's area. Each complete pass is one point. The opposing team can block and intercept the passes.

Variation:

- Benchball – instead of having participants on a line they are on a bench and must catch passes while staying on the bench. After each successful pass, the passing participant joins the catcher on the bench. The object of the game is to have the entire team on the bench.

Paint-a-Picture

Target Grade: 3 and up

Equipment: Sidewalk chalk, writing surface – blackboard, poster paper, concrete floor, etc

Number of participants: Whole class

Set up: One piece of chalk and a drawing surface for every group.

Divide into teams for a relay race. The group will decide what they are going to draw before the race begins. Each group member runs to the writing surface with the group's piece of chalk and draws part of the picture for 5 seconds. The picture should be completed by the time the last member of the group is finished.

Variation:

- For younger participants, do a similar relay using puzzle pieces.

Toy Maker

Target Grade: K – 6

Equipment: Various – any equipment can be used at the teacher's discretion

Number of participants: Whole class

Set up: Divide participants into groups of 4 – 6. Give each group an assortment of equipment to choose from.

Give each group a pile of random gym equipment and tell them to build a machine or object. Each participants must select one piece of equipment and perform a motion that will contribute to the machine. After all participants have added their part of the machine, they are to move it the length of the gymnasium and back as a unit. This is not a race.

Chariot Relay

Target Grade: 4 – 6

Equipment: None

Number of participants: Whole class

Set up: Divide class into groups of similar body size for relay race, either in groups of 3 or groups divisible by 3.

Three participants go at the same time. Two participants cross arms and hold hands to form the seat (the carriers). The third participant (the rider) sits on the arms and puts her arms around the two carriers. The group of three must travel to the end of the gym and back without allowing the rider to touch the ground. Keep distances short to begin with to see how able the class is.

Junk Relay

Target Grade: K – 6

Equipment: Various – any equipment can be used at the teacher's discretion

Number of participants: Whole class

Set up: Divide class into groups for relay race. Place a pile of equipment at the end of the gymnasium for each group.

The first participant must run to the end of the gym and carry the entire junk pile back to the group. The next runner carries the junk back to the end and alternates until each member of the group has gone. The runners can take as many trips as needed to haul the junk pile. The pile must be completely transported and the participant must run past the start line before the next runner can proceed.

Alphabet / Spelling Bee Relay

Target Grade: K – 3

Equipment: None

Number of participants: Whole class

Set up: Teacher can divide participants into groups for relay race.

The participants line up and the teacher calls out the number of participants needed to create a letter with their bodies. For example: 2 X = 2 participants, to form the letter X. The participants at the front of the line will run out to the designated area and create the letter. Once they have created the letter, they go back to the end of the line.

Advanced participants can attempt to create words with more participants.

Over / Under Relay

Target Grade: K – 3

Equipment: Ball for each group

Number of participants: Whole class

Set up: Class is divided into 2 groups for relay. A line, cone, or poly spot can be used to run back and forth from.

Each team forms a single file line with the ball at the front of the line. The ball is passed to the back in an alternating over/under fashion from over the head to between the legs without turning around. The participant at the back of the line receives the ball and runs to the end of the gym and back and goes to the front of the line and resumes passing the ball. Repeat until the entire group has gone through.

Capture the Flag / Capture the Gold

Target Grade: 3 – 8

Equipment: Bean bags, cones or poly spots

Number of participants: Whole class

Set up: The teams are given their own half of the playing area. Each team has a pile of bean bags to protect and a jail in the back corner marked out by cones or poly spots.

The class is separated into to teams. The objective is to steal all of the other team's bean bags and bring them back to your own pile. Once participants cross the centre line into the other team's side, they can be tagged. If they are tagged they go to the jail in the back corner. A participant can be rescued from jail if a teammate gets into the jail untagged and frees him are allowed free passage back into their own half. If participants steal bean bags, they can be tagged until they are back on their own half of centre. Only one bean bag can be carried by a participant at a time.

Suggestion:

• With larger groups, make three teams – two teams can play while one is resting. This will cut down on crashes.

3 Ball Bucket Ball

Target Grade: 1 – 6

Equipment: 4 boxes, 2 benches, dodge balls – 1 ball per participant, if possible coloured vests

Number of participants: Whole class

Set up: Place buckets on either side of a bench at each end of the playing area. Divide into 2 teams, one team wearing coloured vests. Distribute equal number dodge balls to each team.

Participants attempt to throw and tag opposing team with dodge balls. Participants can only tag opposing participants who are holding a dodge ball. If tagged, participants must give their balls to the participant who tagged them and go back to their bench and perform 10 step ups or 10 jumping jacks. They must then grab an extra ball from the buckets and resume play or wait on the bench for an extra ball to arrive.

Participants cannot be tagged if they are waiting to receive a dodge ball from an opposing participant they just tagged. Once participants have extra dodge balls they can drop one ball in their team's buckets to free a tagged teammate. If participants have two dodge balls they only give up one ball if tagged. Participants cannot tag participants who have just tagged them (no butcher backs).

Bumble Bee Tag

Target Grade: 1 – 6

Equipment: None

Number of participants: Whole class

Set up: Use a playing area that is free of obstacles.

1. One participant its "it." She puts one hand on head and one arm out with index finger sticking out like a stinger. "It" must run around gym like that, stinging participants.

Options:

A – time limit: Tag as many participants as possible in 1 minute.

B – group effort: Tag a participant and that participant helps "it" tag others until all are caught.

C – partnership: 2 are "it" and when a participant is tagged, they switch positions.

52 Card Pick-up

Target Grade: 1 – 6

Equipment: Deck of cards

Number of participants: 4 equal teams

Set up: Scatter all 52 cards face down on one half of the gym floor.

Line the participants up at the other end of the area in their four teams.

Assign each team one card suit – hearts, clubs, spades, diamonds.

On "go," the first participant of each team runs to the end of the area and selects a card.

If it is the same suit as the team's assigned suit, the participant runs it back to the team.

If the card is not the right suit, the participant puts the card back down and then runs back without a card.

Then the next team participant goes. This continues until all 13 cards in the same suit are collected.

Suggestions:

- Remind participants to practise their observation skills by watching which cards other participants turn over and leave behind.
- Have each team pick up the chosen suits in numerical order.

Flying Dutchmen

Target Grade: K – 3

Equipment: None

Number of participants: 10 or more

Set up: Form a circle with everyone holding hands.

Similar to duck, duck, goose.

One person is "it." He is on the outside of the circle and walks around and randomly tags a pair of hands. That pair must run around the circle in opposite directions to get to the open space in the circle. The last one to reach the open space is "it."

Suggestions:

- This activity can be adapted to seasons – "pumpkin, pumpkin, witch" or "santa, santa, reindeer."

Speedball

Target Grade: 3 – 8

Equipment: Soccer ball, cones, poly spots or soccer nets

Number of participants: Whole class

Set up: Separate into 2 teams with a net for each team.

Play soccer as normal. Participants can flick the ball in the air to a partner to catch in her hands but it cannot be picked up off the ground. They can then throw passes, but cannot move with the ball in their hands. If the ball is dropped onto the ground, play regular soccer rules.

If the ball is thrown through the net, the team scores 2 points. If it is kicked the in the net, the team scores 1 point.

Shipwreck

Target Grade: K – 6

Equipment: 4 poly markers

Number of participants: Whole class

Set up: Set up a large square using poly markers as boundaries, marking each corner with a number.

One person is captain and the others are on the ship – scattered within the square.

Have the captain call out the following orders randomly:

Starboard – corner #1 or right side
Port – corner #2 or left side
Ship – corner #3 or front
Shore – corner #4 or back
Hit the deck – face down on the ground
Submarine – lie on back, 1 leg up
Captain's coming – stand straight and salute
Look out – stand on one foot
Shark attack – lie on back

When "Man overboard!" is called, the person without a partner becomes the new captain.

Stand up

Target Grade: K – 6

Equipment: None

Number of participants: 2 or more

Set up:

Have the partners link their arms back to back while sitting down. Then have them try to stand up. If successful, try it again with 3 people. See how many people you can have in the group linked and still be able to get up.

Monsterball

Target Grade: All

Equipment: 1 soccer ball, 6 playground balls, 4 poly spots

Number of participants: Divide the participants into two teams.

Set up: Set up lines with poly spots for each team. Put soccer ball in the middle of the two lines.

Using the playground balls, try to hit the soccer ball past the opposing team's line. If the soccer ball goes past the line, or if it hits a participant, the team gets a point.

Suggestions:
- Make distance to centre shorter for younger grades.
- Use two target balls.

Shoot the Gap

Target Grade: 1 – 3

Equipment: Sponge ball (harder), playground ball (easier)

Number of participants: Whole class

Set up: Have participants stand in circle with each foot touching the foot of the person on either side of them. Have one participant in the middle.

The participant in the middle will try to roll the ball between the legs of a person on the edge of the circle. The person around the circle must try to not let the ball pass. The circle defenders start with feet touching the person next to them, once the ball is rolled, the defender can use feet/hands to stop the ball. If the ball goes through, that participant becomes the one in the middle. Alternatively, let each participant get three shots in the circle.

Suggestions:
- Encourage strategies such as faking, distraction, change of speed.

Call Ball

Target Grade: 1 – 3

Equipment: Playground ball

Number of participants: Whole class or groups of 8 – 12

Set up: One participant is the caller. He is in the centre of group with ball and other participants are around the circle.

The caller throws the ball in the air and calls out the name of one of the other participants. When that participant catches/stops the ball, he immediately goes to the centre spot and calls another name. Participants need to get back to the centre area quickly in case their names are called.

Suggestions:
- For more of a challenge, participants must catch after one bounce.

Animals in the Zoo

Target Grade: 1 – 3

Equipment: None

Number of participants: Whole class or groups of 10 – 15

Set up: One participant is the guesser. She faces wall and the other participants stand 2 – 3 metres behind the guesser.

The other participants choose the name of an animal. They give the guesser the first letter of the animal they are thinking of. The guesser makes one guess at the name of the animal. If correct, the participants all turn and run to the end of the area and the guesser tires to tag someone. The first person tagged becomes the guesser.

If the guesser is wrong, the group gives another letter.

Suggestions:

- Instead of animals, use countries, food groups, provinces, names, etc.
- Have cards pre-made with the chosen vocabulary and the group can pick the next word from a hat.

Flag Football

Target Grade: 4 – 8

Equipment: Resistance tubes

Number of participants: 16 or more participants

Set up: Divide participants into 2 teams.

Follow the basic rules of football except that defensive participants pull the flags off an offensive participant's belt to stop them – rather than tackling them.

Before starting game, go over basic rules including safety and co-operation.

Farmers and Horses

Target Grade: 3 – 6

Equipment: Resistance tubes

Number of participants: 10 and up

Set up: One participant is farmer and five others are horses Give the horses a resistance tube to hang from their waists.

When a farmer tags a horse, they switch positions. The new farmer takes the resistance tube and hangs it from the waist.

Hygiene Game

Target Grade: K – 3

Equipment: None

Number of participants: 10 and up

This activity follows the basic rules of a tag game. When participants are tagged, they have to squat down as if they are on the toilet with their arm out as a flush handle. Someone who is not "it" can flush the toilet handle to set a participant free. Before they can run, they have to pretend to wash their hands while singing the alphabet.

Guts

Target Grade: 4 – 6

Equipment: Flying discs

Number of participants: 2 or more

Set up: Two teams are lined up facing each other in either...1 on 1, 2 on 2, 3 or 3

Team 1 tries to throw the flying disc to team 2. If team 2 doesn't catch the flying disc, team 1 gets a point. The flying disc cannot be thrown above the other person's head.

Co-operative variation: Have each team try for 3 toss/catches and then 5, 10, etc.

Find the Beanbag

Target Grade: 1 – 3

Equipment: 1 Beanbag

Number of participants: 3 or more

Set up: Use classroom or playground

One person hides the beanbag while the others are not looking. The other participants walk around and when they see the beanbag, they go and sit down in a designated area. This continues until all of the participants have found the beanbag.

Flying Disc Golf

Target Grade: 4 and up

Equipment: Flying disc, targets (beanbags, poly spots, or designated areas of the playground)

Number of participants: 2 or more

Set up:

Same as golf, but you use a flying disc instead. Participants try to land their flying discs on the target in as few throws as possible.

Use playground features as targets. For example: goal posts or asphalt markings.

Suggestions:

- Play in partners and take turns throwing.

Switch

Target Grade: 1 – 4

Equipment: Markers (beanbags, poly spots or jumbo chalk)

Number of participants: 8 or more

Set up: Form a circle or a square and mark four or more spots.

Have one participant at each designated spot, a person in the middle, and the other participants lined up just outside the marked square or circle.

When the middle person yells "switch," all participants on the spots, including the middle person, have to switch to another spot. The middle person will try to steal a spot. The person who doesn't get to a spot goes to the back of the line and the next person in line goes in the middle.

Jump Ball

Target Grade: 3 – 5

Equipment: Sponge balls *or* playground balls, high wall (in school gym or on playground)

Number of participants: 3 – 4 per group

Set up: Group lines up away from (but facing) the wall Participants are numbered in order 1, 2, 3 ...

Have one participant at each designated spot, a person in the middle, and the other participants lined up just outside the marked square or circle.

The first participant in line has the ball and throws it underhand against the wall. The thrower must then jump over the ball when it makes its first bounce. The second participant must jump over the ball on its second bounce, and so on until the end of the line or somebody misses her turn. The thrower moves to the back of the line after her turn.

Suggestions:

- Jump with both legs or spin once before you jump.
- Experiment with sizes/types of balls.

Resistance and Flexibility Exercises

Introduction

Supervised, safe, age-appropriate, resistance-training workouts offer many benefits to children and youth.

Resistance-training workouts need to be a carefully designed to help develop muscle strength and endurance. They should focus on:

- using lighter resistance (tubes, body weight)
- more repetitions
- smooth and controlled movements
- proper technique

Resistance training with exercise tubes is fun, easy and cost-effective. It improves muscular strength and endurance and prevents injuries. It also helps build stronger bones, improve self esteem and increase physical well-being. It is most effective when supervised by an adult.

This resource shows you how to:

- Do resistance training and flexibility exercises using exercise tubes and body weight.
- Ensure safety when doing these resistance and flexibility exercises.
- Organize various circuits and exercise groupings.

Resistance Training – General Tips

- **Instruct.** Demonstrate exercises to the class first, using controlled breathing and proper form.
- **Supervise.** Reinforce safety and good technique.
- **Warm up and cool down.** Begin each workout with five to 10 minutes of warm up activity – such as walking or jogging in place or jumping rope – to minimize injuries. End each workout with a cool-down, including some light stretching.
- **Be Safe.** Exercise in a safe area. Always check equipment for rips or tears in the tubes before use. Discard any damaged tubes.
- **Rest.** Rest at least one day after a strength training workout. Two or three sessions per week are plenty.
- **Assess.** As a class, fill out a chart listing the exercises and number of repetitions. Students can also track how they feel during the activity.
- **Add intensity.** Add repetitions when students master proper form. Add intensity by increasing repetitions or doing the next level of an exercise.
- **Have fun.** Vary the routine often and add music.
- **Pain.** If it hurts do not do the exercise.

Flexibility Training – General Tips

- Do not hold your breath. Breathe easily and relax.
- Tune into your body. Focus on the muscles and joints being stretched.
- Hold each stretch for about 30 seconds.
- Stretch and hold. The stretch feeling should slightly subside as you hold the stretch. Any stretch that grows in intensity or becomes painful means you are overstretching, and need to stop.

What are Resistance Tubes?

Resistance tubes are lengths of rubber tubing. They are inexpensive, easy to use and highly portable. The thicker the tube, the more resistance it has. Tubes are colour-coded for different levels of resistance. To increase the resistance of your tube, move your hands closer together on the band. This makes it harder to perform the movements.

Most tubes will increase about three times in length during exercise. If a tube is stretched more than that, it starts to stretch less smoothly and can break.

Resistance Tube Exercise Safety

- Keep your wrists in a neutral position. Do not let them bend like you are waving hello. Keep them straight.
- Place the tube in between the thumb and index finger so it rests naturally in your palm **(Picture 1)**. Gripping tubes too tightly can elevate blood pressure. Do not wrap tubes around your hand. It should pass through the palm of the hand and the space between the thumb and index finger. **(Picture 2)**

1

2

- Check the tube's position before starting each exercise. Make sure it has a slight tension throughout its length. There should not be any slack in the tube throughout the range of movement of the exercise.
- Do one set of 12 to 20 repetitions. If you can do more than 20, the resistance is too light or the exercise is not challenging enough. To increase the resistance of your tube, move your hands closer together on the band or double up and either fold your band in half or use two bands at the same time. This makes it harder to perform the movements.
- To increase the challenge of an exercise, choose the next level. For exercises that do not require movement, hold the position for 30 to 90 seconds.
- Keep your movements smooth (not jerky) and under your control at all times.
- Breathe throughout the exercises.
- Avoid pulling tubes towards your face.
- Never tie two pieces of rubber together.
- If the tubing has prolonged exposure to sunlight, extreme heat or cold, or salt or chlorinated water, it will deteriorate and should be replaced.
- If using a latex band instead of a rubber tube, make sure you don't have allergies or sensitivities to latex. Non-latex tubes are available.

Sample Resistance Exercise Circuits

- Move from station to station with a little rest in between. Each circuit takes about five to 10 minutes to complete. Do the exercises in the order given.
- Do not do the same muscle group/exercise/circuit two days in a row. Two or three circuits are recommended per week.
- Choose either the seated or standing option when provided.
- Do the corresponding stretch for each exercise at the end of the circuit.

Circuit #1 – TOTAL BODY BLAST

Muscle Group	Sample Resistance Exercises
Chest	Chest press
Back	Lawn mower pull
Legs	Leg squat Calf raise
Core	Side plank
Balance	Stand on one foot

Circuit #2 – UPPER BODY EXPLOSION

Muscle Group	Sample Resistance Exercises
Chest	Push up
Back	Seated row
Triceps	Narrow push up
Biceps	Biceps curl
Shoulders	Overhead press

Circuit #3 – LOWER BODY BOOGIE

Muscle Group	Sample Resistance Exercises
Legs	Single leg squat Lunge Toe tap
Core	Front plank Superman
Balance	Stand on one foot

Chest Press

Sit – edge of a chair or on the floor
Stand – feet, hip-width apart with knees slightly bent

- Place the tube behind your back and your under armpits.
- Grab the tube close to your armpits.
- Slowly push your arms straight forward.
- Do not lock your elbows.
- Control the movement back to start position.

And don't forget:

- Keep your shoulders blades down and together with your abdominals pulled in.
- Keep your wrists neutral/straight.

Corresponding stretch: chest stretch

Push-up

Chest

On the ground – on knees or toes

- Put your hands at shoulder armpit level (not at head level).
- Position your hands wider than your shoulders (when elbows bend – there should be a 90 degree angle at the elbow).
- Keep your fingers forward.
- Slowly lower your body down to the floor – do not go lower than 90 degrees at the elbow.
- Slowly bring your body back up – stop before the elbows straighten completely.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.

Corresponding stretch: chest stretch

Seated Row

Back

Sit – edge of a chair or on the floor

- Place the tube under your shoes (place it in the groove located at the arch of the foot of the shoe).
- Grab the tube close to feet.
- Slowly row your arms back – your elbows should go behind – squeeze the shoulder blades tight.
- Do not shrug your shoulders.
- Control the movement back to start position but do not lock your elbows.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.
- Keep your wrists neutral/straight.

Lawn Mower Pull

Back

Stand – feet, hip-width apart with knees slightly bent

- Take a big step forward with your right foot.
- Place the tube under your right foot.
- Grab the tube with your left hand and keep it close to the knee.
- Lean forward from the hips.
- Keep your shoulders square.
- Slowly row the arm back – elbows should go behind – squeeze the shoulder blade tight.
- Do not shrug your shoulders.
- Control the movement back to start but do not lock your elbows.
- Repeat this exercise with the left foot forward.

Balance Options: Balance EASIER – feet can be far apart (like standing on a plank); HARDER – the feet can be closer together (like standing on a tightrope).

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.
- Keep your wrists neutral/straight.

Triceps Extension

Triceps

Sit – edge of a chair or on the floor
Stand – feet, hip-width apart with knees slightly bent

- Place the tube over left shoulder.
- Grab the tube in the middle of the chest and hold it there with the left hand.
- With the right hand, grab the tube at waist level – your elbow is at a 90 degree angle.
- Slowly press down with the right arm and stop just before the elbow is straight
- Control the movement back to start.
- Repeat this exercise reversing the arms.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.
- Keep your wrists neutral/straight.

Corresponding stretch: triceps stretch

Narrow Push-up

Triceps

On the ground – on knees or toes

- Put your hands at shoulder armpit level (not at head level).
- Place your hands close together.
- Slowly lower your body down to the floor.
- Slowly bring your body back up, stop before the elbows straighten completely.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.

Corresponding stretch: triceps stretch

Bicep Curl

Biceps

Stand – feet, hip-width apart with knees slightly bent

- Step on the tube with the right foot and hold the tube in the right hand.
- Keep your elbow and upper arm at your side, they should not move away from the body during the exercise.
- Keep your palm facing in.
- Bend your elbow and bring your hand up to shoulder level.
- Control the movement back to start – make sure the elbow does not straighten completely.
- Repeat this exercise with the left arm.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.
- Keep your wrists neutral/straight.

Corresponding stretch: biceps stretch

Side Raise

Shoulders

Stand – feet, hip-width apart with knees slightly bent

- Step on the tube with your right foot and hold the tube in your right hand.
- Keep your elbow slightly bent.
- Keep your knuckles facing out.
- Slowly raise your right arm to shoulder height.
- Control the movement back to start position.
- Repeat this exercise with the left arm.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.
- Keep your wrists neutral/straight.

Corresponding stretch: shoulder stretch

External Rotation

Stand – feet, hip-width apart with knees slightly bent

- Grab the tube and hold it at waist level with your left hand.
- With your right hand, grab the tube at waist level (elbow at 90 degrees).
- Keep your upper right arm at the side of your body – it should not move away from the body during the exercise.
- Slowly rotate out with your right arm.
- Control the movement back to start position.
- Repeat this exercise with the left arm.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.
- Keep your wrists neutral/straight.

Corresponding stretch: shoulder stretch

Overhead Press

Shoulders

Sit – edge of a chair or on the floor

- Step on the tube with your right foot and hold the tube in your right hand.
- Start with your elbow at a 90 degree angle and your right hand at about ear level.
- Press up until your elbow is almost straight.
- Control the movement back to start position.
- Repeat this exercise with the left arm.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.
- Keep your wrists neutral/straight.

Corresponding stretch: shoulder stretch

Leg Squat

Legs

Stand – feet hip width apart with knees slightly bent

- Shift your body weight onto your heels. There should be no weight on your toes.
- Lower your body down as if you were sitting into a chair.Hips go back and the knees bend.
- Keep the knees behind the toes. They should not go forward.
- Slowly stand up until the knees are almost straight.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.

Corresponding stretches: quad stretch, gluteus stretch, hamstring stretch

Lunge

Legs

Stand – feet, hip-width apart with knees slightly bent

- Stand with one foot forward and one foot back. Your feet can be placed as if you are standing on a plank (wider/easier) or on a tightrope (narrower/harder).
- Lift your back heel off the floor and keep it up.
- Keep your toes pointed forward.
- Lower your body down by bending the knees. Only bend until the front knee is at a 90 degree angle and not past the front foot.
- Repeat this exercise with the opposite leg.

And don't forget:

- Keep your shoulders blades down and together with your abdominals pulled in.

Corresponding stretches: quad stretch, gluteus stretch, hamstring stretch, calf stretch

Calf Raise

Legs

Stand – feet hip-width apart with knees slightly bent

- Slowly raise up onto your toes.
- Press up into the big toe/inside of the foot.
- Slowly come down heels almost touch the floor.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.

Corresponding stretch: calf stretch

Toe Taps

Legs

Stand – feet, hip-width apart with knees slightly bent

- Stand with your left foot forward.
- Shift your body weight onto your right foot and place your hands on your right thigh.
- Tap the toes of your left foot. Your left heel stays in place as the rest of the foot taps the floor.
- Repeat this exercise with your right leg.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.

Corresponding stretch: calf stretch

Single Leg Squat

Legs

Stand – feet, hip-width apart with knees slightly bent

- Stand on one foot with the knee slightly bent.
- Lower your body down as if you were sitting into a chair. Hips go back and the knees bend.
- Keep the knees behind the toes. They should not go forward.
- Slowly stand up until you knee is almost straight.
- Repeat this exercise with the opposite leg.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.

Corresponding stretches: quad stretch, gluteus stretch, hamstring stretch, adductor stretch

Side Plank

Core

On the ground

- Lie on your side.
- Place your elbow directly under you shoulder.
- Place your other hand on your hip. Your shoulders should stay square. and you shouldn't roll/slouch forward.

Level 1

- Bend your knees. Make sure your legs are back and your thighs do not create a lap.
- Lift your hips off the floor.

Level 2

- Straighten your legs.
- Lift your hips off the floor from the feet.
- Hold between 30 to 90 seconds
- Repeat this exercise on the opposite side.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.

Corresponding stretches: reach up or supine twist

Front Plank

Core

On the ground

- Lie on your front leaning on your forearms.
- Place your elbows directly under your shoulders.

Level 1

- Lift your hips off the floor from your knees.

Level 2

- Lift your hips off the floor from your feet.

- Hold between 30 to 90 seconds.

And don't forget:

- Keep your shoulders blades down and together with your abdominals pulled in.

Corresponding stretches: reach up or supine twist

Superman

Core

On the ground

- Lie on your stomach.

Level 1

- Rest your forehead on the back of your left hand (palm down).
- Extend your right arm out at a 45 degree angle from the shoulder with your thumb up.
- Lift your right arm and left leg off the floor. Your hips should stay in contact with the floor at all times.
- Hold between 30 and 90 seconds.
- Repeat this exercise with the opposite side.

Level 2

- Keep your forehead on the floor.
- Extend both arms a 45 degree angle from the shoulder with your thumbs up.
- Lift your arms and legs off the floor. Your hips should stay in contact with the floor at all times.
- Hold between 30 and 90 seconds.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.

Corresponding stretches: reach up or supine twist

V Sit

Core

On the ground

- Sit tall.
- Place your hands behind your knees.

Level 1

- Lean back. Your feet should still be in contact with the floor.

Level 2

- Lift the feet off the floor.

Level 3

- Let go of the legs.

- Hold between 30 and 90 seconds.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.

Corresponding stretches: reach up or supine twist

Supine Bridge

Core

On the ground

- Lie on your back.
- Keep your hands on the floor and feet under your knees.

Level 1

- Lift your hips up. Do not over lift or push the hips too high.

Level 2

- Lift your hips up. Do not over lift or push the hips too high.
- Extend one leg.
- Repeat this exercise with the opposite leg.

- Hold between 30 and 90 seconds.

And don't forget:

- Keep your shoulder blades down and together with your abdominals pulled in.

Corresponding stretches: reach up or supine twist

Stand on One Foot

Balance

On the ground

- Stand on one foot and bend your other knee so your thigh is in front of your body.

Level 1
- Keep your hands at the side of your body.

Level 2
- Keep your hands at chest level.

Level 3
- Move your arms above your head.

Level 4
- Close your eyes.

And don't forget:
- Keep your shoulder blades down and together with your abdominals pulled in.

Flexibility Exercises

Chest Stretch

Stand – feet, hip-width apart with knees slightly bent

- Place your hands in the small of your back.
- Pull your abdominals in.
- Squeeze your shoulder blades down and together.
- Open your chest by moving your elbows closer together.

Triceps Stretch

Stand – feet, hip-width apart with knees slightly bent

- Place your right hand on the back of your neck with your elbow facing up to the ceiling.
- Push on your right arm (at the elbow) with your left hand.
- Repeat this stretch with the opposite arm.

Biceps Stretch

Stand – feet, hip-width apart with knees slightly bent

- Extend your right arm in front of your body with the palm up.
- Pull your fingers of the right hand down with the left hand.
- Repeat this stretch with the opposite arm.

Shoulder Stretch

Stand – feet, hip-width apart with knees slightly bent

- Place your right arm across your body with your hand over your shoulder.
- Push on your right arm (above the elbow) with your left hand.
- Repeat this stretch with the opposite arm.

Quad Stretch

Stand – feet, hip-width apart with knees slightly bent

- Stand on one leg.
- Bend your other knee and grab onto the sock, ankle or shoe of that foot.
- Use the left hand for the left leg and the right hand for the right foot.
- Keep your knees close together.
- Squeeze your butt cheeks together and push your hip forward.
- Repeat this stretch on the opposite leg.

Hamstring Stretch

Stand – feet, hip-width apart with knees slightly bent

- Stand with your left foot forward with your toe up to the ceiling. Keep this knee slightly bent.
- Shift your body weight onto the right foot and place your hands on your right thigh.
- Bend the right knee and push the hips down and back until you feel a pull in the back of your left thigh.
- Keep the head down.
- Repeat this stretch on the opposite side.

Calf Stretch

Stand - feet hip width apart with knees slightly bent

- Stand with one foot forward and one foot back. You can place your feet as if you were standing on a plank (wider/easier) or on a tightrope (narrower/harder).
- Keep your back heel on the floor and toes pointing forward.
- Lean forward slightly. Your front knee should not go past your toes.
- Repeat this stretch on the opposite side.

Adductor Stretch

On the ground

- Sit with the bottom of your feet touching.
- Place your hands around your ankles.
- Slowly lean forward and press your elbows on the inside of your knees.

Gluteus Stretch

On the ground

- Sit on the floor with your left leg straight out in front.
- Cross your right leg over your left leg.
- Hug your right knee into your chest.

Option

- Bend your left knee and bring the left heel closer to your right hip.
- Repeat this stretch on the opposite side.

Reach Up

On the ground

- Lay on your back.
- Place both hands above your head with your arms straight.
- Bend one knee - keep that foot on the floor.
- Reach as far as you can (pretend you are being pulled in both directions).
- Repeat this stretch on the opposite side.

Supine Twist

On the ground

- Lie on your back with your knees bent and feet flat on the floor.
- Drop your knees to the right side and straighten your left arm out (palm facing up).
- Look away from your left hand.

Option

- Take your top leg and bring it down to the floor.
- Repeat this stretch on the opposite side.

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